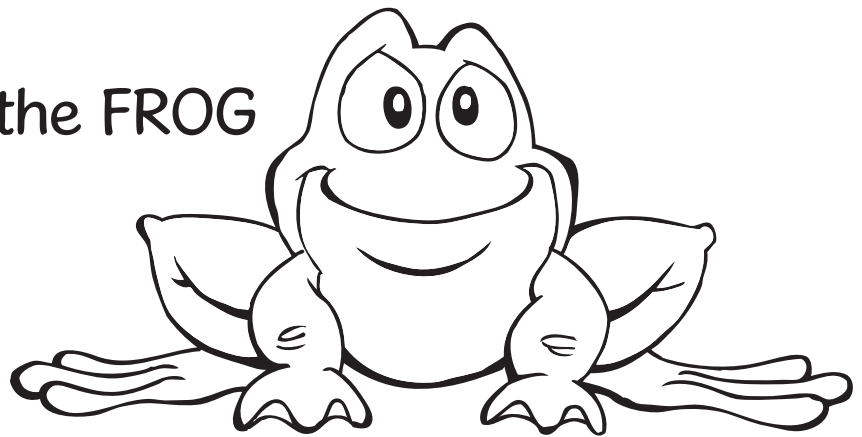


Tiny Tot Aquatics Program

Level 2 • Advanced Swimmer

FRANKIE the FROG



Course Curriculum

- ☐ Holding breath under water (10 seconds)
- ☐ Face float (from instructor to wall)
- ☐ Face float with kick (from stairs to rope)
- ☐ Back float (10 seconds, unassisted)
- ☐ Back float with kick (from stairs to rope)
- ☐ Winging on back (arms & kick)
- ☐ Under water recovery (from stairs to rope; full arm extension with breathing)
- ☐ Change directions
- ☐ Jump in & return to wall alone (5-ft section)
- ☐ Jump in & level off
- ☐ Jump in & swim to instructor (5-ft section)
- ☐ Roll over
- ☐ Turtle float
- ☐ Climb out of pool alone
- ☐ Participation in safety demonstration